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CHEESE IN FAMILY MEALS,

A GUIDE FOR CONSUMERS



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CHEESE IN FAMILY MEALS:

A Guide for Consumers

Versatile cheese! It's so good in main dishes, salads, and sauces. Served with fruit and crackers, it's a sure-to-please appetizer, dessert, or snack.

A whole world of cheese flavors and textures awaits discovery, so why limit your family to just one or two cheeses?

In natural cheeses alone, there are over 400 varieties; several are sure to please every taste. Try some varieties that are unfamiliar to you. You may not like some kinds, others will become favorites. If you are used to a mild Cheddar, try other mild cheeses, and then try stronger-flavored ones. For still more variety, the market offers pasteurized process cheese and related products.

Cheese concentrates a lot of food value into a small package. It contains most of the nutrients of milk, though in different amounts. Nutrients include protein, riboflavin, and calcium. The protein in cheese is of the same high quality as the protein in meat, fish, and eggs. Main dishes

featuring cheese usually save money, too, because cheese is a concentrated food.

Calorie watchers can find cheeses to suit their needs, too. Cottage and Ricotta cheeses, for example, are lower in calories than most other cheeses because they contain more moisture and less milk fat. Dieters should remember that Neufchatel cheese has fewer calories than cream cheese. Hard cheeses, however, contain more protein than cream cheese or Neufchatel cheese.

In this bulletin, you'll find—

- Tips on choosing cheeses to suit your needs and please your palate.
- A guide to storing cheese at home.
- Suggestions for serving cheese as a snack or dessert.
- Pointers on how to cook cheese.
- A comprehensive collection of recipes starring cheese in family meals.
- Variations of some recipes for fewer calories.

CHOOSING CHEESE

Selecting and buying the right cheese is largely a matter of personal preference. Some persons prefer mild cheese; others favor sharp

or strong-flavored cheeses. Children generally like mild cheeses and their elders the more pungent varieties.

Information follows on the vari-

ous forms of cheese available in retail markets. These facts may enlarge your acquaintance with the cheese family and help you use cheese in attractive and appetizing ways.

Natural cheese is a product made by coagulating milk and then separating the curd, or solid part, from the whey, or watery part. Some natural cheeses are ripened (aged) to develop their characteristic flavor and texture; others are used unripened. Ripened cheeses sometimes are labeled as to the degree of ripening or aging. Cheddar cheese may be labeled "mild," "medium" or "mellow," "aged" or "sharp."

Many persons prefer natural cheeses to other forms of cheese because each natural cheese has its own characteristic flavor and texture. Flavors range from bland cottage cheese to tangy Blue or pungent Limburger. Textures vary too—from the smooth creaminess of cream cheese to the firm elasticity of Swiss cheese.

The guide to natural cheeses on pages 4 through 7 lists 31 cheeses likely to be found in grocery and specialty stores. Characteristics and suggested uses are given for each cheese.

Pasteurized process cheese is a blend of fresh and aged natural cheeses that has been melted, pasteurized, and mixed with an emulsifier. Other ingredients, such as fruits, vegetables, meats, or spices, may be added. Smoked cheese or smoke flavor may also be added. Process cheeses lose some of

the characteristic flavor of natural cheese during manufacture; also, the texture becomes uniform and soft. Pasteurization prevents further ripening; therefore, the texture and flavor remain constant after processing.

Process cheeses are convenient to use in cooked foods because they melt easily and blend well with other foods. Process cheeses have no rind or waste and are easy to slice. Packaged sliced process cheeses are handy; they are especially good in toasted cheese sandwiches and cheeseburgers because they melt readily.

Pasteurized process American cheese, made from natural Cheddar and similar varieties, is the most popular process cheese.

Pasteurized process cheese food, like process cheese, is a pasteurized blend of cheeses. Cheese food may include other ingredients, such as fruits, vegetables, meats, or spices. It contains less cheese and less fat than process cheese, but has added milk or whey solids.

Because it has more moisture, process cheese food is milder in flavor, softer in texture, spreads more easily, and melts more quickly than regular process cheese. It does not add as much cheese flavor to other foods as natural or process cheese.

Pasteurized process cheese spread has even more moisture and less milk fat than process cheese food; otherwise the two are alike in composition. Usually a stabilizer is added to process cheese spread to prevent separation of the ingredi-

ents. Process cheese spread is soft and spreadable at room temperature.

Coldpack cheese (sometimes called club cheese) is a combination of fresh and aged natural cheeses blended into a uniform product without heating. No emulsifier is used. Spices or smoke flavoring and food acids may be added.

The flavor of coldpack cheese is usually sharp and characteristic of the natural cheeses used. Coldpack cheese is softer than natural cheese and spreads more easily.

Coldpack cheese food is prepared like coldpack cheese but contains added milk or whey solids. It may include fruits, vegetables, pimientos, meats, spices, or smoke flavoring. Sugar or corn sirup may also be added. Coldpack cheese food is milder, softer, and more spreadable than coldpack cheese.

Grades

Grades—based on flavor, body, texture, finish, appearance, and color—have been established for some varieties of natural cheese. Grade marks do not usually appear on retail packages, but you may find some packages of Cheddar cheese bearing the U.S. grade AA mark.

Cheeses with this mark are of the finest quality.

Process cheese and cheese foods are not federally graded but frequently are inspected. They bear the USDA inspection shield.

Cottage cheese may have a mark on its container stating that the cheese is “quality approved” by the U.S. Department of Agriculture.

Cost

To find the relative cost of various cheeses, compare the price of equal weights of cheese.

Aged or sharp natural cheeses usually cost more than mild ones; imported cheeses frequently cost more than domestic ones; and prepackaged sliced, cubed, or grated cheeses may cost more than wedges or sticks.

Cheese spread sold in a pressurized can costs more than cheese spread sold in a jar. Process cheeses and cottage cheese cost less than aged natural cheeses.

For more information on buying cheese, consult Marketing Bulletin 17, “Cheese Buying Guide for Consumers,” available from the U.S. Department of Agriculture, Washington, D.C., 20250. Send request on a post card. Include ZIP Code with your return address.

STORING CHEESE

Cheese keeps best in the refrigerator. How long it will keep depends on the kind of cheese and the wrapping. Soft cheeses—such as cottage, cream, and Neufchatel—are highly perishable. Hard cheeses—such as Cheddar and

Swiss—keep much longer than soft cheeses if protected from drying out. Approximate storage times are given in the home storage guide for cheese (p. 9).

Leave cheese in its original wrapper, if possible. Cover cut surfaces

Guide to Natural Cheeses

Kind	Characteristics	Uses
Blue-----	Tangy, piquant flavor; semisoft, pasty, sometimes crumbly texture; white interior marbled or streaked with blue veins of mold; resembles Roquefort.	Appetizers, salads and salad dressings, desserts, and snacks.
Brick-----	Mild to moderately sharp flavor; semisoft to medium-firm, elastic texture; creamy white-to-yellow interior; brownish exterior.	Appetizers, sandwiches, desserts, and snacks.
Brie----- (Bree.)	Mild to pungent flavor; soft, smooth texture; creamy-yellow interior; edible thin brown and white crust.	Appetizers, sandwiches, desserts, and snacks.
Caciocavallo----- (Ca-cheo-ca-VAL-lo.)	Piquant, somewhat salty flavor—similar to Provolone, but not smoked; smooth, very firm texture; light or white interior; clay-colored or tan surface.	Snacks and desserts. Suitable for grating and cooking when fully cured.
Camembert----- (KAM-em-bear.)	Distinctive mild to tangy flavor; soft, smooth texture—almost fluid when fully ripened; creamy-yellow interior; edible thin white or gray-white crust.	Appetizers, desserts, and snacks.
Cheddar (often called American).	Mild to very sharp flavor; smooth texture, firm to crumbly; light cream to orange.	Appetizers, main dishes, sauces, soups, sandwiches, salads, desserts, and snacks.

Colby-----	Mild to mellow flavor, similar to Cheddar; softer body and more open texture than Cheddar; light cream to orange.	Sandwiches and snacks.
Cottage-----	Mild, slightly acid flavor; soft, open texture with tender curds of varying size; white to creamy white.	Appetizers, salads, used in some cheesecakes.
Cream-----	Delicate, slightly acid flavor; soft, smooth texture; white.	Appetizers, salads, sandwiches, desserts, and snacks.
Edam-----	Mellow, nutlike, sometimes salty flavor; rather firm, rubbery texture; creamy-yellow or medium yellow-orange interior; surface coated with red wax; usually shaped like a flattened ball.	Appetizers, salads, sandwiches, sauces, desserts, and snacks.
Gjetost ¹ ----- (YET-ost.)	Sweetish, caramel flavor; firm, buttery consistency; golden brown.	Desserts and snacks.
Gorgonzola----- (Gor-gon-ZO-la.)	Tangy, rich, spicy flavor; semisoft, pasty, sometimes crumbly texture; creamy-white interior, mottled or streaked with blue-green veins of mold; clay-colored surface.	Appetizers, salads, desserts, and snacks.
Gouda----- (GOO-da.)	Mellow, nutlike, often slightly acid flavor; semisoft to firm, smooth texture, often containing small holes; creamy-yellow or medium yellow-orange interior; usually has red wax coating; usually shaped like a flattened ball.	Appetizers, salads, sandwiches, sauces, desserts, and snacks.

¹ Imported; not manufactured in the United States.

Guide to Natural Cheeses—Continued

Kind	Characteristics	Uses
Gruyere----- (Grew-YARE.)	Nutlike, salty flavor, similar to Swiss, but sharper; firm, smooth texture with small holes or eyes; light yellow.	Appetizers, desserts, and snacks.
Limburger-----	Highly pungent, very strong flavor and aroma; soft, smooth texture that usually contains small irregular openings; creamy-white interior; reddish-yellow surface.	Appetizers, desserts, and snacks.
Monterey (Jack)-----	Semisoft; smooth, open texture, mild flavor; Cheddar-like. Hard when aged.	Appetizers, sandwiches, desserts, and snacks. Aged cheese can be grated.
Mozzarella----- (Mottza-REL-la.)	Delicate, mild flavor; slightly firm, plastic texture; creamy white.	Main dishes such as pizza or lasagna, sandwiches, and snacks.
Muenster----- (MUN-stir.)	Mild to mellow flavor; semisoft texture with numerous small openings; creamy-white interior; yellowish-tan surface.	Appetizers, sandwiches, desserts, and snacks.
Mysost----- (MEWS-ost.)	Sweetish, caramel flavor; firm, buttery consistency; light brown.	Desserts and snacks.

Neufchatel----- (New-sha-TEL.)	Mild, acid flavor; soft, smooth texture similar to cream cheese but lower in fat; white.	Salads, sandwiches, desserts, and snacks.
Parmesan-----	Sharp, distinctive flavor; very hard, granular texture; yellowish white.	Grated for seasoning.
Port du Salut----- (Pore du sa-LOO.)	Mellow to robust flavor similar to Gouda; semisoft, smooth elastic texture; creamy white or yellow.	Appetizers, desserts, and snacks.
Provolone----- (Pro-vo-LO-na.)	Mellow to sharp flavor, smoky and salty; firm, smooth texture; cuts without crumbling; light creamy yellow; light-brown or golden-yellow surface.	Appetizers, main dishes, sandwiches, desserts, and snacks.
Ricotta----- (Ri-COT-ah.)	Mild, sweet, nutlike flavor; soft, moist texture with loose curds (fresh Ricotta) or dry and suitable for grating; white.	Salads, main dishes such as lasagna and ravioli, and desserts.
Romano-----	Very sharp, piquant flavor; very hard, granular texture; yellowish-white interior; greenish-black surface.	Seasoning and general table use; when cured a year it is suitable for grating.
Roquefort ¹ -----	Sharp, peppery, piquant flavor; semisoft, pasty, sometimes crumbly texture; white interior streaked with blue-green veins of mold.	Appetizers, salads and salad dressings, desserts, and snacks.
Sapago-----	Sharp, pungent, cloverlike flavor; very hard texture suitable for grating; light green or sage green.	Grated for seasoning.

2 ¹ Imported; not manufactured in the United States.

Guide to Natural Cheeses—Continued

Kind	Characteristics	Uses
Stilton-----	Piquant flavor, milder than Gorgonzola or Roquefort; open, flaky texture; creamy-white interior streaked with blue-green veins of mold; wrinkled, melon-like rind.	Appetizers, salads, desserts, and snacks.
Swiss (also called Emmentaler).	Mild, sweet, nutlike flavor; firm, smooth, elastic body with large round eyes; light yellow.	Sandwiches, salads, and snacks.

tightly with waxed paper, foil, or plastic to protect the surface from drying out, or store the cheese in a tightly covered container. If you want to store a large piece of cheese for an extended time, dip the cut surface in melted paraffin. Store cheese that has a strong odor (such as Limburger) in a tightly covered container.

Any surface mold that develops on hard natural cheese should be trimmed off completely before the cheese is used. However, in mold-ripened cheeses such as Blue and Roquefort, mold is an important part of the cheese and can be eaten. If mold penetrates the interior of cheeses that are not ripened by molds (such as Cheddar and Swiss), cut away the moldy portions or discard the cheeses.

Cheese that has dried out and become hard may be grated and stored in a tightly covered jar.

Freezing is not recommended for most cheeses because they become crumbly and mealy when frozen. The following varieties can be frozen satisfactorily in small pieces (1 pound or less, not more than 1 inch thick): Brick, Cheddar, Edam, Gouda, Muenster, Port du Salut, Swiss, Provolone, Mozzarella, and Camembert. You can also freeze small quantities of Blue, Roquefort, and Gorgonzola for salads or salad dressings, or other uses where a crumbly texture is acceptable.

To freeze cheese, wrap cheeses tightly, freeze quickly at 0° F. or below, and store no more than 6 months. When ready to use, thaw cheese slowly, preferably in the refrigerator.

Home storage guide for cheese

<i>Cheese product</i>	<i>Recommendation</i>
Cottage, fresh Ricotta-----	Refrigerate covered; use within 5 to 7 days.
Cream, Neufchatel, other soft varieties.	Refrigerate covered or tightly wrapped; use within 2 weeks.
Cheddar, Swiss, other hard varieties.	Refrigerate tightly wrapped; will keep for several months unless mold develops.
Cheese spreads and cheese foods---	Store unopened jars at room temperature; after opening, refrigerate tightly covered; store boxed or wrapped cheese food in the refrigerator; will keep for several weeks.

CHEESE AS A SNACK OR DESSERT

Cheese served with fruit or crackers is a simple yet satisfying snack or dessert. It's as right for gourmets as for those who like good, plain food.

A tray of assorted cheeses and a bowl of fresh fruits make a des-

sert pretty enough for a party. Or, if you like, serve crackers and small, thin slices of pumpernickel and rye bread with the cheeses.

Unless you know the preferences of your guests, it is wise to provide an assortment of cheeses. Some



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For an easy snack or a colorful dessert, serve cheese and fresh fruit. Family and friends can select their favorite flavor combinations. The cheese assortment shown here includes a chunk of Roquefort or Blue, cubes of Cheddar, round slices of Provolone, wedges of Edam, and slices of Swiss.

may prefer mild Edam and Gouda; others may like strong-flavored Limburger or mold-ripened Blue. Include old favorites—Cheddar and Swiss—and one unusual cheese to arouse curiosity. Cheese spreads and dips are popular as appetizers and snacks.

Recipes for three cheese appetizers are on pages 11 and 12.

Most cheeses are served at room temperature to bring out characteristic flavor and texture. Cottage cheese and other soft unripened varieties are served directly from the refrigerator. Remove hard varieties from the refrigerator an hour before serving but keep cheese wrapped so that cut surfaces do not dry out.

Suggested cheese and fruit combinations

Blue or Roquefort.....	Apples or pears, especially Anjou and Bosc pears.
Brick.....	Tokay grapes.
Camembert.....	Apples, pears, and tart plums.
Cheddar.....	Tart apples or melon slices.
Edam or Gouda.....	Apples, orange sections, or pineapple spears.
Muenster or Swiss.....	Apples, seedless grapes, or orange sections.
Provolone.....	Sweet Bartlett pears.

NOTE: Apples and pears that have been cut darken unless dipped in lemon or other citrus juice.

CHEESE COOKERY

Successful cheese cookery depends on brief heating at a low temperature. High temperatures and long cooking make cheese tough and stringy and cause the fat to separate out. Also, some of the flavor is lost.

Cheese blends more readily with other ingredients and melts more quickly if you shred or dice it first. One-half pound of cheese yields about 2 cups of shredded cheese.

Soft, well-aged Cheddar melts and blends with other ingredients more readily than less-ripened cheese, and less Cheddar is needed because it has a more pronounced flavor. Process cheese also melts and blends readily but has a much milder flavor.

Melt cheese in the top of a double boiler over simmering water or add

it to a hot mixture. When making cheese sauce, stir shredded cheese into the completed white sauce and heat only enough to melt the cheese. When making a cheese omelet, add the shredded cheese after the omelet is cooked—just before folding.

Cheese can be melted under the broiler, too. Open-face cheese sandwiches can be made this way. Place the sandwich so the cheese is 4 or 5 inches from the heat. Broil just until the cheese begins to melt.

Casserole dishes containing cheese should be baked at low to moderate temperatures. To prevent cheese toppings from toughening or hardening during baking, cover them with crumbs or add the cheese just a few minutes before removing the food from the oven.

RECIPES FEATURING CHEESE

Foods come alive with flavor when cheese is a principal ingredient. Take your choice of main-dish casseroles, tangy sauces and salad dressings, cool salads enriched with cheese, crusty cheese breads, and tempting cheese desserts.

You'll find recipes for all these—and more—on the following pages.

The number of calories per serving is given for each recipe. Ways of reducing calorie count are also indicated in many recipes. In some of these, the fat or other high-calorie ingredient is reduced or omitted when such a change does not affect eating quality. In other recipes, a low-calorie ingredient is given in place of a higher calorie one. Exam-

ples are the use of cottage cheese in place of cream cheese and skim milk in place of whole milk.

Appetizers and Snacks

Cheese-olive balls

24 balls, 1 inch in diameter

Sharp Cheddar cheese, finely shredded.....	1 cup or 4 ounces
Butter or margarine, softened	¼ cup
Flour, unsifted	¾ cup
Paprika	¼ teaspoon
Water	1 tablespoon
Stuffed olives	24 medium- size



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Smoky cheese dip and cheese-olive balls add zest to snack or appetizer time.

*Preheat oven to 400° F. (hot).
Mix all ingredients except olives.
Form dough into balls with an
olive in the center of each.*

Bake 15 minutes.

Serve hot.

Calories per ball: About 55.

Nippy cheese spread

About 1½ cups

Cream cheese.....	8-ounce package
Swiss cheese, finely shredded.....	⅓ cup or 1½ ounces
Prepared horseradish.....	2 teaspoons
Milk.....	3 tablespoons
Dried chipped beef, coarsely chipped.....	4-ounce package
Parsley flakes.....	2 teaspoons

Softened cream cheese at room temperature.

Mix all ingredients.

Chill overnight to blend flavors.

Serve as a spread with crackers or as a sandwich filling.

NOTE: If desired, soak dried chipped beef in hot water for a few minutes to remove some of the salt; drain well.

Calories per tablespoon: About 50.

For fewer calories, omit milk. Use 1 cup small curd creamed cottage cheese in place of cream cheese. Beat cottage cheese until smooth before adding other ingredients. About 25 calories per tablespoon.

VARIATION

Use ⅓ cup ground or finely chopped ham in place of dried chipped beef. About 45 calories per tablespoon using basic recipe.

Smoky cheese dip

About 1½ cups

Cottage cheese, creamed...	1 cup
Milk.....	1 tablespoon
Onion salt.....	⅛ teaspoon
Vinegar.....	1 teaspoon
Smoke-flavored process cheese food, shredded....	¼ cup or 2 ounces

Beat all ingredients together or mix in blender.

Calories per tablespoon: About 20.

Breads

Cheese pinwheel rolls

18 rolls

Yeast roll dough (not sweet).....	Recipe to make 18 rolls
Sharp Cheddar cheese, shredded.....	1½ cups or 6 ounces
Butter or margarine, melted.....	2 tablespoons
Nutmeg.....	As desired
Paprika.....	As desired

Prepare yeast dough according to your favorite recipe.

Let rise in a bowl in a warm place until double in size, about 45 minutes.

Grease muffin pans.

Press dough down to remove air bubbles.

Knead on a lightly floured surface until dough is smooth, elastic, and easy to handle.

Roll out dough into an 18-by 12-inch rectangle.

Sprinkle cheese over the entire top of the dough.

Roll as for jelly roll, starting at the long side. Pinch edges together.

Cut into 1-inch slices.

Place rolls cut side up in greased muffin tins.

Brush with melted fat.

Sprinkle with spices.

Let rise in warm place until double in size, about 45 minutes.

Preheat oven to 375° F. (moderate).

Bake rolls 20 minutes.

Calories per roll: About 135.

EASY METHOD

Use a package of hot roll mix. About 135 calories per roll.



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Help yourself to cheese pinwheel rolls—crusty, golden, and full of flavor. Start with your favorite roll recipe or a package of hot roll mix.

Cheese bread

2 loaves, 16 slices each

Flour, unsifted.....	5 to 5½ cups
Sugar.....	¼ cup
Yeast, active dry.....	1 package
Salt.....	2 teaspoons
Dry mustard.....	1 teaspoon
Milk.....	2 cups
Shortening.....	¼ cup
Sharp Cheddar cheese, shredded.....	2 cups or 8 ounces

Mix two cups of the flour with the sugar, yeast, salt, and dry mustard.

Warm milk and fat together over low heat.

Stir into flour mixture.

Mix cheese with the remaining flour; gradually stir into the mixture to make a soft dough that leaves the sides of the bowl. With some flours it may be necessary to add a little extra flour to make a soft dough.

Knead on a lightly floured surface until dough is smooth and elastic, about 10 minutes.

Place in a greased bowl and turn over once to grease upper side of dough.

Let rise in a warm place until double in size.

Grease two 9- by 5- by 2½-inch loaf pans.

Press down dough to remove air bubbles.

Divide in half.

Shape into loaves.

Place in loaf pans.

Let rise in a warm place until double in size.

Preheat oven to 375° F. (moderate).

Bake 30 to 35 minutes.

Remove bread from pan and cool on rack.

Calories per slice: About 130.

Cheese bread sticks

24 bread sticks

Flour, unsifted.....	1¾ cups
Baking powder.....	2 teaspoons
Salt.....	¾ teaspoon
Shortening.....	⅓ cup
Sharp Cheddar cheese, shredded.....	1 cup or 4 ounces
Milk.....	¾ cup
Poppy seeds.....	2 tablespoons, if desired

Stir flour, baking powder, and salt together.

Mix in shortening until the mixture resembles coarse cornmeal.

Stir in cheese with a fork.

Stir in milk, using just enough to make a dough that is soft, but not sticky.

Preheat oven to 450° F. (very hot).

Put dough on a lightly floured surface and knead a few times.

Roll pieces of dough between palms to form pencil-like shapes about ½ inch in diameter and 4 inches long.

Roll dough in poppy seeds, if desired.

Bake on an ungreased baking sheet about 10 minutes.

Calories per bread stick: About 80.

EASY METHOD

Use 2 cups packaged biscuit mix in place of flour, baking powder, salt, and shortening. About 70 calories per bread stick.

Desserts

Cheesecake

12 servings

Crust

Graham cracker or zwieback crumbs.....	1 cup
Sugar.....	1 tablespoon
Cinnamon.....	1/8 teaspoon
Butter or margarine, melted.....	2 tablespoons

Filling

Cream cheese, at room temperature.....	3 packages, 8 ounces each
Eggs.....	4
Vanilla.....	1 teaspoon
Lemon juice.....	2 tablespoons
Lemon rind, finely grated.....	2 teaspoons
Sugar.....	1 cup

Topping

Sour cream.....	1 cup
Sugar.....	1 tablespoon
Vanilla.....	1 teaspoon

Mix crust ingredients well.

Press mixture into bottom of a 9-inch springform pan or an 8- or 9-inch square baking pan.

Preheat oven to 375° F. (moderate).
Beat cream cheese until soft.
Add remaining filling ingredients
and continue beating until smooth.
Pour mixture over crumb crust.
Bake 35 to 45 minutes until filling
is firm.

Beat together topping ingredi-
ents.

Remove cake from oven.

Spread topping over cake; bake 5
minutes longer.

Cool in pan on rack. Chill.

Calories per serving: About 395.

Chocolate soufflé

6 servings, about 1/2 cup each

Cream cheese, at room temperature.....	4 ounces
Milk.....	1/2 cup
Semisweet chocolate chips..	2/3 cup
Egg yolks.....	4
Salt.....	Few grains
Flaked coconut.....	1/2 cup
Vanilla.....	1 teaspoon
Egg whites.....	4
Confectioner's sugar, sifted.....	1/4 cup
Whipped cream or whipped topping.....	If desired



PN-2544, PN-2545

(Left) Cheesecake can be baked
in a springform pan. (Right)
After baking, the springform
ring is removed for easy
serving.

Beat cream cheese and milk with rotary beater or electric mixer in saucepan.

Add chocolate chips.

Heat over low heat; stir until chocolate chips melt.

Beat egg yolks and salt together.

Stir part of chocolate mixture into egg yolks; then stir egg yolks into the rest of chocolate mixture.

Cook over low heat, stirring constantly, until slightly thickened.

Stir in coconut and vanilla. Cool.

Preheat oven to 325° F. (slow).

Beat egg whites until soft peaks form.

Add sugar gradually, beating until stiff peaks form.

Fold in chocolate mixture.

Pour into an ungreased 1-quart casserole. Set in a pan of hot water.

Bake 1 hour or until a knife inserted into souffle comes out clean.

If desired, top with whipped cream or whipped topping; serve immediately.

Calories per serving: About 295 without topping.

Apple-cheese cobbler

6 servings, about ¾ cup each

Apples, pared, sliced.....	4 cups
Sugar.....	⅓ cup
Quick-cooking tapioca.....	1 tablespoon
Cinnamon.....	½ teaspoon
Salt.....	¼ teaspoon
Water.....	¼ cup
Butter or margarine.....	2 tablespoons
Milk.....	⅓ cup
Biscuit mix.....	1 cup
Sharp Cheddar cheese, shredded.....	1 cup or 4 ounces

Combine apples, sugar, tapioca, cinnamon, salt, water, and fat in a saucepan.

Cook over low heat, stirring occasionally, until apples are almost tender.

Preheat oven to 425° F. (hot).

Stir milk into biscuit mix to make a soft dough.

Turn dough out onto a lightly floured surface and roll into an 8-by 10-inch rectangle.

Sprinkle with cheese. Roll as for jelly roll and cut into ½-inch slices.

Pour hot apple mixture into a 1½-quart baking dish.

Arrange dough slices on top of apples.

Bake 20 to 25 minutes, or until lightly browned.

Calories per serving: About 295.

Main Dishes

Cheese souffle

6 servings, about 1⅓ cups each

Butter or margarine.....	¼ cup
Flour, unsifted.....	¼ cup
Salt.....	½ teaspoon
Dry mustard.....	¼ teaspoon
Pepper.....	⅛ teaspoon
Milk.....	1½ cups
Process Cheddar cheese, cut in pieces.....	8 ounces
Egg yolks.....	6
Egg whites.....	6

Preheat oven to 325° F. (slow).

Melt fat in saucepan.

Stir in flour, salt, mustard, and pepper.

Add milk, stirring constantly. Cook until smooth and thickened.

Add cheese; stir until melted.

Beat egg yolks. Stir a little of the cheese mixture into the yolks; then stir the yolks into the rest of the cheese mixture.

Beat egg whites until stiff but not dry. Fold into cheese mixture.

Pour into ungreased 2-quart casserole.

Bake 45 minutes.

Calories per serving: About 345.

MENU SUGGESTION

Serve with wilted spinach, hot buttered french bread. Have cherry cobbler for dessert.

American pizza

2 pizzas, 12 inches in diameter

Hot roll mix.....	1 package
Tomato sauce.....	2 cans, 8 ounces each
Garlic powder.....	¼ teaspoon
Oregano, ground.....	1 teaspoon
Pepper.....	Few grains
Ground beef.....	1 pound
Process Cheddar cheese, shredded.....	2 cups or 8 ounces
Parmesan cheese, finely grated.....	½ cup

Prepare roll dough following directions on package.

Mix tomato sauce and seasonings; set aside.

Crumble ground beef into frypan; brown.

Drain beef.

Preheat oven to 425° F. (hot).

Grease two 12-inch pizza pans or two baking sheets.

Divide dough in half. Pat or roll each piece into a 12-inch circle about ¼ inch thick.

Place on pizza pans or baking sheets.

Form a shallow rim around each pizza.

Spread each pizza with half the tomato mixture.

Sprinkle with beef, then with process Cheddar cheese.

Top with Parmesan cheese.

Bake 15 to 20 minutes until crusts are golden brown and cheese is melted but not browned.

Calories per wedge (½ pizza): About 295.

For fewer calories, use only 1 cup or 4 ounces shredded process Cheddar cheese; omit Parmesan cheese. About 240 calories per wedge (½ pizza).

MENU SUGGESTION

Serve with a tossed garden vegetable salad and have ice cream for dessert.

Macaroni and cheese

6 servings, about ⅔ cup each

Butter or margarine.....	2 tablespoons
Flour, unsifted.....	¼ cup
Salt.....	½ teaspoon
Milk.....	2 cups
Prepared mustard.....	½ teaspoon
Process Cheddar cheese, shredded.....	1½ cups or 6 ounces
Elbow macaroni, cooked...	3 cups (about 1⅓ cups uncooked)

Melt fat in a saucepan.

Mix in flour and salt.

Add milk slowly, stirring until smooth.

Cook and stir until sauce thickens.

Add mustard and cheese.

Stir over low heat until cheese melts.

Add cooked macaroni. Stir gently

until macaroni is well covered with sauce and thoroughly heated.

Calories per serving: About 290.

For fewer calories, omit butter or margarine and use skim milk. Mix the flour and salt with a little of the cold milk. Heat the rest of the milk. Add the flour mixture slowly, stirring constantly, until smooth. About 230 calories per serving.

MENU SUGGESTION

Serve with green beans, grapefruit and avocado salad, and chocolate nut pie.

Swiss fondue

6 servings, about 1/3 cup each

Garlic.....	1 clove
Dry white wine.....	1 cup
Swiss cheese, natural, coarsely shredded.....	2 cups or 9 ounces
Flour.....	1 tablespoon
Salt.....	Dash
Pepper.....	Dash
Nutmeg.....	Dash
Kirsch, if desired.....	1 or 2 table- spoons
French bread, cut in cubes..	1-pound loaf

Light fondue burner.



Swiss fondue is an elegant dish to prepare as an added party activity.

FN-2546

Rub earthenware fondue dish with clove of garlic.

Heat wine in fondue dish until just ready to boil.

Mix cheese, flour, and seasonings.

Add about $\frac{1}{4}$ of the cheese mixture to the hot wine.

Stir until smooth.

Add remaining cheese, a little at a time.

Mix well after each addition.

Add kirsch, if desired.

Heat. When mixture comes just to a boil, serve at once. Keep hot during serving.

To serve, let each person dip cubes of bread into fondue mixture.

Calories per serving: About 195 for fondue mixture not counting kirsch or bread.

MENU SUGGESTION

Serve as a snack or light supper with a tossed green salad.

NOTE: If no earthenware fondue dish is available, use heatproof glass or ceramic saucepan or casserole dish. Fondue may be prepared on top of the stove and kept hot at the table over alcohol, canned heat, or candle burner.

Cheese-onion fondue

6 servings, about $\frac{2}{3}$ cup each

Bread.....	6 slices
Butter or margarine.....	2 tablespoons
Sharp Cheddar cheese, shredded.....	1½ cups or 6 ounces
Instant minced onion.....	1 tablespoon
Eggs, well beaten.....	3
Milk.....	3 cups
Dry mustard.....	$\frac{3}{4}$ teaspoon
Salt.....	$\frac{3}{4}$ teaspoon
Pepper.....	$\frac{1}{8}$ teaspoon

Grease an 8- by 12-inch baking pan.

Spread bread with fat and cut each slice in half.

Arrange in baking pan.

Sprinkle with cheese and onion.

Mix remaining ingredients.

Pour over bread. Refrigerate for 1 hour.

Preheat oven to 325° F. (slow).

Bake 40 minutes or until puffy and browned.

Serve at once.

Calories per serving: About 335.

For fewer calories, omit butter or margarine and use skim milk. About 265 calories per serving.

MENU SUGGESTION

Serve with tomatoes filled with coleslaw. Have gingersnaps and applesauce for dessert.

Italian macaroni and cheese

6 servings, about $\frac{3}{4}$ cup each

Ground beef.....	8 ounces
Tomatoes.....	16-ounce can
Tomato paste.....	$\frac{1}{3}$ cup
Instant minced onion.....	1 tablespoon
Sugar.....	1 teaspoon
Garlic salt.....	$\frac{1}{2}$ teaspoon
Oregano, ground.....	$\frac{1}{2}$ teaspoon
Pepper.....	Dash
Shell macaroni, cooked....	2 cups (about 1 $\frac{2}{3}$ cups un- cooked)
Cottage cheese, creamed...	1 cup
Sharp Cheddar cheese, shredded.....	1 cup or 4 ounces
Parmesan cheese, grated....	2 tablespoons

Cook meat in a heavy frypan until it loses its red color but is not brown. Drain.

Add tomatoes, tomato paste, and seasonings. Simmer slowly for 30 minutes. Stir as needed.

Preheat oven to 325° F. (slow).

Combine macaroni and cottage cheese.

Pour a little of the sauce in the bottom of a 2½-quart casserole. Top with half the macaroni mixture, half the shredded cheese, and half the remaining sauce. Repeat.

Sprinkle Parmesan cheese over the top.

Bake 40 minutes or until heated through.

Calories per serving: About 295.

MENU SUGGESTION

Serve with buttered spinach and lettuce wedge. Have fresh fruit for dessert.

Cottage cheese-potato casserole

6 servings, about 1 cup each

Cottage cheese, creamed . . .	2 cups
Fat, melted or oil	2 tablespoons
Flour	2 tablespoons
Parsley flakes	1 teaspoon
Salt	1 teaspoon
Instant minced onion	1 teaspoon
Pepper	As desired
Thyme	1 teaspoon
Potatoes, cooked, sliced . . .	6 medium-size
Skim milk	⅓ cup
Breadcrumbs, fine dry	⅓ cup
Parmesan cheese, finely grated	2 tablespoons
Fat, melted or oil	2 tablespoons

Preheat oven to 350° F. (moderate).

Grease a 1½ quart casserole.

Beat cottage cheese and 2 tablespoons fat with a rotary beater until fluffy.

Mix flour and seasonings.

Place a layer of sliced potatoes in casserole.

Cover with a layer of cottage cheese.

Sprinkle with seasoned flour.

Repeat layers ending with a layer of potatoes.

Pour milk over potato-cheese layers.

Mix breadcrumbs with Parmesan cheese and 2 tablespoons fat.

Sprinkle over potatoes.

Bake 30 minutes.

Calories per serving: About 320.

MENU SUGGESTION

Serve with broccoli spears, carrot and celery sticks, and cherry tart.

Quiche lorraine

6 servings

Bacon	8 ounces
Pastry shell, unbaked	9-inch
Swiss cheese, natural, coarsely shredded	1½ cups or 7 ounces
Salt	¾ teaspoon
Pepper	¼ teaspoon
Cayenne	Dash
Nutmeg	Dash
Eggs	4
Half-and-half	1½ cups

Preheat oven to 375° F. (moderate).

Cut bacon into pieces and fry until brown and very crisp. Drain well.

Crumble bacon into pastry shell.

Sprinkle cheese over the bacon.

Mix seasonings and sprinkle over cheese.

Beat eggs and half-and-half together.

Pour over cheese and bacon.

Bake 45 minutes or until lightly browned and a knife inserted into the center comes out clean.

Calories per serving: About 475.



FN-2547

Try quiche lorraine, on easy-to-prepare Swiss cheese entree.

MENU SUGGESTION

Serve with asparagus and a lettuce and tomato salad. Have fresh fruit for dessert.

Cheese-chicken sandwich

6 sandwiches

Celery, chopped.....	1/2 cup
Instant minced onion.....	1 teaspoon
Bacon fat.....	1 tablespoon
Bacon, cooked, chopped...	2 slices
Chicken, cooked, diced....	2 cups
Lemon juice.....	2 teaspoons
Poultry seasoning.....	1/8 teaspoon
Salt.....	1/2 teaspoon
Salad dressing.....	1/3 cup
Bread.....	6 slices
Butter or margarine.....	1 tablespoon
Process Cheddar cheese, shredded.....	3/4 cup or 3 ounces

Cook celery and onion in bacon fat until tender, about 10 minutes.

Mix bacon, chicken, celery and onion mixture, lemon juice, poultry seasoning, salt, and salad dressing well.

Toast bread on one side under broiler or in oven.

Butter untoasted side of bread.

Spread the chicken mixture on the untoasted side of the bread slices. Cover to edges of slices.

Sprinkle with cheese.

Broil sandwiches about 4 inches from heat until cheese is melted, about 3 to 4 minutes.

Calories per sandwich: About 310.

For fewer calories, omit bacon and bacon fat. Cook celery and onion in 2 tablespoons skimmed chicken broth about 10 minutes in covered pan. Use 1/2 cup skimmed chicken broth in place of salad dressing. Omit butter or margarine. Use only 1/2 cup or 2 ounces shredded process

Cheddar cheese. About 185 calories per sandwich.

NOTE: Canned or dehydrated chicken bouillon or a bouillon cube dissolved in hot water may be used in place of chicken broth.

VARIATION

Cheese-turkey sandwich.—Use cooked, diced turkey in place of chicken. About 320 calories per sandwich using basic recipe; 195 calories using recipe for fewer calories.

MENU SUGGESTION

Serve with potato chips, celery and carrot sticks, and baked custard.

Cheese rarebit

6 servings, 1/2 cup each

Process Cheddar cheese, shredded.....	3 cups or 12 ounces
Milk.....	1 1/4 cups
Egg, beaten.....	1
Worcestershire sauce.....	1 teaspoon
Dry mustard.....	1/2 teaspoon
Pimiento, chopped.....	2 tablespoons
Toast.....	6 or 12 slices, as desired

Combine all ingredients except pimiento and toast.

Cook over low heat, stirring constantly, until cheese melts and mixture is slightly thickened.

Stir in pimiento and serve immediately on toast.

NOTE: Crackers may be used in place of toast.

Calories per serving: About 275 without toast or crackers.

MENU SUGGESTION

Serve with fruit salad and broccoli. Have rice pudding for dessert.

Cheese-stuffed peppers

6 servings, 2 half-peppers each

Green peppers.....	6 large
Boiling water.....	2 quarts
Salt.....	2 teaspoons
Sharp Cheddar cheese, shredded.....	1 1/2 cups or 6 ounces
Rice, cooked.....	2 1/2 cups (about 7/8 cup uncooked)
Egg.....	1
Salt.....	1 teaspoon
Pepper.....	1/8 teaspoon
Breadcrumbs, fine dry.....	1/4 cup
Fat, melted or oil.....	1 tablespoon

Preheat oven to 375° F. (moderate).

Halve peppers lengthwise; remove stems, seeds, and membranes.

Heat peppers in boiling salted water for 5 minutes. Drain.

Mix remaining ingredients except breadcrumbs and fat.

Fill pepper halves with the mixture.

Mix breadcrumbs and fat; sprinkle over the tops of the peppers.

Place peppers in a baking pan with 1/2 inch hot water in the bottom.

Bake 25 to 30 minutes until browned.

Calories per serving: About 280.

MENU SUGGESTION

Serve with tomato and lettuce salad, hot french bread, and baked apples.

Cheese buns

6 servings, 2 bun halves each

Process Cheddar cheese, shredded.....	3 cups or 12 ounces
Olives, chopped.....	$\frac{2}{3}$ cup
Onion, finely chopped.....	$\frac{1}{4}$ cup
Prepared mustard.....	2 teaspoons
Salad dressing.....	$\frac{1}{2}$ cup
Hamburger buns.....	6

Combine filling ingredients.

Lightly toast bun halves.

Spread $\frac{1}{4}$ cup filling on each half.

Broil 4 inches from heat until cheese melts, about 4 minutes.

Calories per serving: About 460.

MENU SUGGESTION

Serve with tomato soup. Have apple crisp for dessert.

Salads and Salad Dressings

Vegetable-cheese salad

6 servings, about $\frac{1}{2}$ cup each

Mixed vegetables, frozen, cooked, drained.....	10-ounce package
Celery, chopped.....	$\frac{1}{4}$ cup
Sharp Cheddar cheese, diced.....	1 cup or 4 ounces
Sweet pickle, chopped.....	$\frac{1}{4}$ cup
Prepared mustard.....	$\frac{1}{2}$ teaspoon
Vinegar.....	1 teaspoon
Salt.....	To taste
Salad dressing.....	$\frac{1}{4}$ cup
Lettuce leaves.....	6

Gently mix the vegetables with cheese and sweet pickle.

Stir the mustard, vinegar, and salt into the salad dressing.

Pour over the vegetable mixture; mix gently.

Chill.

Serve on lettuce.

Calories per serving: About 175.

For fewer calories, use low-calorie salad dressing. About 140 calories per serving.

NOTE: french dressing or low-calorie french dressing may be used in place of salad dressing. Omit prepared mustard and vinegar.

MENU SUGGESTION

Serve with deviled eggs, baked tomatoes, and hot biscuits. Have chilled canned peaches and a cookie for dessert.

Cherry cottage cheese molds

6 servings, about $\frac{1}{2}$ cup each

Cherry-flavored gelatin.....	3-ounce package
Boiling water.....	1 cup
Cottage cheese, creamed....	1 cup
Pineapple, crushed, canned..	1 cup
Nuts, coarsely chopped....	$\frac{1}{4}$ cup
Lettuce leaves.....	6

Dissolve gelatin in boiling water.

Measure 2 teaspoons gelatin mixture into each of six individual molds; chill until set.

Chill remaining gelatin mixture until thick, but not set.

Stir in cottage cheese, pineapple, and nuts.

Pour into molds.

Chill until firm.

Unmold on lettuce.

NOTE: This recipe also can be made in a 1-quart mold. Use $\frac{1}{4}$ cup of the clear gelatin mixture in the bottom of the mold.

Calories per serving: About 160.

For fewer calories, use uncreamed cottage cheese. Omit nuts. About 120 calories per serving.

VARIATION

Use 1 cup miniature marshmallows in place of nuts. Add marshmallows to hot gelatin mixture after measuring part of mixture into molds. About 155 calories per serving using basic recipe.

MENU SUGGESTION

Serve with a meat sandwich and vegetable relishes. Have chocolate cake for dessert.

Golden glow salad

6 servings, about ½ cup each

Orange-flavored gelatin....	3-ounce package
Boiling water.....	1 cup
Orange juice.....	¼ cup
Cottage cheese, creamed...	1 cup
Maraschino cherries, chopped.....	¼ cup
Pineapple slices, canned, drained.....	6
Lettuce leaves.....	6

Dissolve gelatin in boiling water.
Add orange juice.

Chill until thick but not set.

Stir in cottage cheese and maraschino cherries.

Pour into six individual molds.

Chill until set.

Place a pineapple slice on each lettuce leaf.

Unmold gelatin on pineapple slices.

Calories per serving: About 140.

For fewer calories, use uncreamed cottage cheese in place of creamed cottage cheese. About 125 calories per serving.

MENU SUGGESTION

Serve with omelet and buttered spinach. Have cookies for dessert.

Blue or Roquefort cheese dressing

About 1½ cups dressing

Blue or Roquefort cheese, crumbled.....	4 ounces
Sour cream.....	1 cup
Lemon juice.....	1 teaspoon
Sugar.....	1 teaspoon
Instant minced onion.....	1 teaspoon
Salt.....	½ teaspoon

Mix all ingredients well.

Chill, preferably overnight, to allow flavors to blend. Use within a week.

Calories per tablespoon: About 40.

For fewer calories, use ¾ cup sour half-and-half or ¾ cup yogurt in place of sour cream. About 30 calories per tablespoon using half-and-half, 20 calories using yogurt.

Mandarin orange-cheese salad

6 servings

Mandarin oranges.....	11-ounce can
Cornstarch.....	2 teaspoons
Sugar.....	1 teaspoon
Mandarin orange liquid....	½ cup
Lemon juice.....	1 tablespoon
Salted peanuts, chopped...	¼ cup
Cottage cheese, creamed...	12 ounces
Lettuce leaves.....	6

Drain mandarin oranges; save liquid.

Chill oranges.

For dressing, mix cornstarch and sugar in saucepan; gradually stir in orange liquid and lemon juice.

Cook, stirring constantly, until thickened.

Cool; stir in peanuts.

Spoon cottage cheese over lettuce leaves. Top with mandarin oranges and dressing.

Calories per serving: About 140.

MENU SUGGESTION

Serve with toasted ham salad sandwiches. Have gingerbread for dessert.

Cheddar cheese dressing

About 1½ cups dressing

Salad dressing.....	1 cup
Catsup.....	¼ cup
Chili sauce.....	2 tablespoons
Process Cheddar cheese, shredded.....	½ cup or 2 ounces

Mix salad dressing, catsup, and chili sauce.

Stir in cheese.

Chill.

Calories per tablespoon: About 60.

For fewer calories, use low-calorie salad dressing. About 25 calories per tablespoon.

Apple and cheese salad

6 servings, about ¾ cup each

Lime- or lemon-flavored gelatin.....	3-ounce package
Boiling water.....	1 cup
Cold water.....	1 cup
Cream cheese, at room temperature.....	3-ounce package
Apple, unpared, finely diced.....	1 cup
Grapes, seedless, halved...	1 cup
Pecans, chopped.....	¼ cup
Lettuce leaves.....	Several

Dissolve gelatin in boiling water; add cold water.

Chill until thick but not set.

Add cream cheese and beat with a rotary beater until well blended.

Stir in apples, grapes, and pecans. Pour into a 1-quart ring mold. Chill until firm. Unmold on lettuce.
Calories per serving: About 170.

MENU SUGGESTION

Serve with slices of cold roast beef and asparagus. Have pumpkin pie for dessert.

Soups and Sauces

Cheese-onion soup

6 servings, about ¼ cup each

Butter or margarine.....	2 tablespoons
Onions, sliced, cut in quarters.....	2 cups
Flour.....	1 tablespoon
Milk.....	1 quart
Salt.....	1½ teaspoons
Pepper.....	⅛ teaspoon
Sharp Cheddar cheese, shredded.....	1 cup or 4 ounces

Melt fat in a saucepan, add onion, cook slowly and stir until clear but not brown.

Stir in flour.

Add 1 cup milk, stirring constantly. Cook until smooth and thickened.

Add rest of milk gradually, stirring constantly.

Add salt, pepper, and cheese.

Heat to serving temperature; serve immediately.

Calories per serving: About 235.

For fewer calories, omit butter or margarine and cook onion in ½ cup water until it is barely tender (about 5 minutes). Use skim milk. Mix flour with a little of the milk until smooth.

Stir into onion mixture; add remaining milk. About 155 calories per serving.

MENU SUGGESTION

Serve with melba toast, garden salad with egg wedges, and peach pie.

Broccoli-cheese soup

6 servings, about $\frac{3}{4}$ cup each

Butter or margarine.....	2 tablespoons
Instant minced onion.....	1½ teaspoons
Flour.....	3 tablespoons
Salt.....	½ teaspoon
Pepper.....	⅛ teaspoon
Celery salt.....	¼ teaspoon
Milk.....	2 cups
Process Cheddar cheese, shredded.....	2 cups or 8 ounces
Chicken bouillon cubes....	2
Hot water.....	1½ cups
Broccoli, fresh or frozen, cooked, chopped.....	1 cup
Paprika.....	Few grains

Melt fat in a 3-quart saucepan over low heat.

Add onion and cook until lightly browned.

Stir in flour and seasonings.

Add milk gradually, stirring constantly.

Cook until thickened, stirring constantly.

Add cheese and stir until melted. Remove from heat.

Dissolve bouillon cubes in hot water.

Stir into cheese mixture.

Add broccoli.

Heat to serving temperature.

Sprinkle with paprika.

Calories per serving: About 250.

For fewer calories, use skim milk.

Use only 1 cup or 4 ounces shredded process Cheddar cheese. About 160 calories per serving.

MENU SUGGESTION

Serve with ham sandwiches. Have crisp, sweet apples for dessert.

Mushroom-cheese sauce

About 1½ cups sauce

Milk.....	2 tablespoons
Cream of mushroom soup, condensed.....	10½-ounce can
Process Cheddar cheese, shredded.....	½ cup or 2 ounces
Worcestershire sauce.....	¼ teaspoon
Paprika.....	¼ teaspoon

Stir milk into soup and heat slowly.

Add cheese and stir until cheese is melted.

Stir in worcestershire sauce and paprika.

Serve over meat or vegetables.

Calories per ¼ cup: About 95.

Easy cheese sauce

About 2 cups sauce

Evaporated milk.....	14½-ounce can
Process Cheddar cheese, shredded.....	2 cups or 8 ounces
Dry mustard.....	¾ teaspoon
Curry powder.....	⅛ teaspoon
Marjoram.....	½ teaspoon

Heat milk over low heat.

Add cheese and seasonings.

Stir until cheese is melted. Remove from heat immediately.

Serve over meat or vegetables.

Calories per ¼ cup: About 175.

For fewer calories, use evaporated skim milk and only 1½ cups or 6 ounces cheese. About 140 calories per ¼ cup.

VARIATION

Easy cheese spread.—Combine and heat ingredients as above. Chill; use as a sandwich spread. Good for grilled cheese sandwiches.

Vegetables

Turnips au gratin

6 servings, about ½ cup each

Butter or margarine.....	2 tablespoons
Flour.....	2 tablespoons
Salt.....	¼ teaspoon
Milk.....	1 cup
Turnips, diced, cooked.....	3 cups
Process Cheddar cheese, shredded.....	1 cup or 4 ounces

Preheat oven to 375° F. (moderate).

Melt fat in a saucepan.

Stir in flour and salt until smooth.

Add milk slowly while stirring rapidly to prevent lumping.

Bring mixture to a boil, stirring constantly.

Gently mix white sauce and turnips and pour into a baking dish.

Sprinkle with cheese.

Bake about 20 minutes or until cheese melts.

Calories per serving: About 155.

For fewer calories, use only 1 tablespoon butter or margarine. Use skim milk. About 130 calories per serving.

VARIATION

Celery au gratin.—Use cooked, sliced celery in place of turnips. About 150 calories per serving using basic recipe.

MENU SUGGESTION

Serve with cold cuts and spiced beet salad. Have fruit upside-down cake for dessert.

Zucchini-cheese casserole

6 servings, about ¾ cup each

Rice, long-grain white, uncooked.....	½ cup
Onion, chopped.....	½ cup
Salt.....	½ teaspoon
Boiling water.....	1 cup
Water.....	½ cup
Salt.....	¼ teaspoon
Zucchini squash, sliced.....	1 pound (2 to 3 medium- size)
Tomato sauce.....	8-ounce can
Green pepper, diced.....	½ cup
Sharp Cheddar cheese shredded.....	1 cup or 4 ounces

Add rice, onion, and salt to 1 cup rapidly boiling water. Cover tightly and boil *gently* 20 minutes.

Bring ½ cup water to boiling, add salt and squash, and cook until squash is just tender—about 8 minutes. Drain.

Preheat oven to 350° F. (moderate).

Gently mix rice, squash, tomato sauce, and green pepper.

Pour mixture into a 1½ quart casserole; sprinkle with cheese.

Bake uncovered about 20 minutes.

Calories per serving: About 165.

MENU SUGGESTION

Serve with cold sliced ham and lettuce wedges. Have sherbet and cookies for dessert.

Mixed vegetables in cheese sauce

6 servings, about ½ cup each

Celery, sliced.....	1 cup
Green pepper, diced.....	½ cup
Instant minced onion.....	1 tablespoon
Mixed vegetables, frozen...	10-ounce package
Salt.....	¾ teaspoon
Water.....	½ cup
Easy cheese sauce (p. 26)...	½ recipe

Cook vegetables in boiling, salted water until barely tender, about 5 minutes.

Drain. Use cooking liquid to thin cheese sauce as necessary. Cheese sauce thickens as it cools.

Lightly stir cheese sauce into vegetables.

Heat to serving temperature.

Calories per serving: About 155.

MENU SUGGESTION

Serve with fried chicken, parsley potatoes, and citrus salad. Have fresh fruit for dessert.

Carrot casserole

6 servings, about ¾ cup each

Carrots, sliced, cooked.....	3 cups
Cream of celery soup, condensed.....	10½-ounce can
Process Cheddar cheese, shredded.....	1 cup or 4 ounces
Breadcrumbs, fine dry.....	¼ cup
Butter or margarine, melted.	1 tablespoon

Preheat oven to 350° F. (moderate).

Mix carrots, soup, and cheese together in baking dish.

Mix breadcrumbs and fat.

Sprinkle on top of carrot mixture.

Bake about 20 minutes or until crumbs are brown.

Calories per serving: About 125.

For fewer calories, use only ¾ cup or 3 ounces shredded cheese. Omit breadcrumbs and butter or margarine. About 85 calories per serving.

MENU SUGGESTION

Serve with beef patty and tossed green salad. Have gingerbread for dessert.

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OTHER PUBLICATIONS

The Agricultural Research Service of the U.S. Department of Agriculture has prepared a number of other publications about using specific foods in family meals. To obtain a free copy of any of these, send a post card with your name, address, ZIP Code, and the bulletin title and number to the Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250. The publications in this series:

- HG 103, "Eggs in Family Meals: A Guide for Consumers."
- HG 105, "Vegetables in Family Meals: A Guide for Consumers."
- HG 110, "Poultry in Family Meals: A Guide for Consumers."
- HG 118, "Beef and Veal in Family Meals: A Guide for Consumers."
- HG 124, "Lamb in Family Meals: A Guide for Consumers."
- HG 125, "Fruits in Family Meals: A Guide for Consumers."
- HG 127, "Milk in Family Meals: A Guide for Consumers."
- HG 160, "Pork in Family Meals: A Guide for Consumers."
- HG 186, "Breads, Cakes, and Pies in Family Meals: A Guide for Consumers."

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